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# The Snowboard Boot Fitting Bible



## Synopsis

After years of helping customers fit their snowboard boots, I felt that there was a need to share my tips and tricks to help make your snowboard boots fit better and help your feet be more comfortable.

There's something in this book for everyone, whether you are a brand new snowboarder, a seasoned rider, or anywhere in between. Do you experience discomfort when you have been out for awhile " or even when you first put on your boots? Have you gotten blisters, bruised toes or cramped arches? Do you get cold feet (the physical kind, not the squeamish kind)? Do your heels lift up inside your boots when making toe-side turns? Have your calves burned during and/or after riding? Does the top of your foot burn (hotspot) or do your feet go completely numb? Read this book and learn how to finally enjoy a full day of snowboarding without thinking about your feet!

## Book Information

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## Customer Reviews

When I started riding Sorel Boots was the standard since there was no such thing as snowboard specific boots and oh how times have changed. Now there are so many brands and models it can be a little overwhelming. There are many people (myself included) that haven't put much thought into the right snowboard boot outside of the same shoe they wear. This book certainly won't make you a professional boot fitter. However it does break down some of the most important things you

should keep in mind when trying to get the right fit which in turn will make you the next best thing. It also has some great tips for helping to get your current boot to fit right. As someone who has been a hardcore snowboarder for 25+ years I was surprised how little I really knew about how to choose and fit a boot correctly. If you are someone who has struggled to find a comfortable boot to ride in or even just don't feel you get the performance needed from your boots I highly suggest picking this book up.

My wife and I have both been avid snowboarders for over 15 years, and one thing that has plagued both of us is foot pain. As we entered our thirties, our heart is still in it, but our bodies have become less enthusiastic. In March of 2012, we hit rock bottom after spending a small fortune in lift tickets at Stowe, when my wife's foot pain made it nearly impossible for her to ride anymore. Not knowing if it was her feet, or the \$250 boots we just bought her, we were obviously frustrated...and about \$500 poorer. This bible has really turned things around for us. Using the info we got from this book allowed us to rack up about 50 days on the slopes this past season...a marked improvement from the 2-3 we had in 2012 due to the wrong gear. Get this book, buy the right boots, and buy some shred soles and be done with it. Your feet, your back, and your wallet will thank you.

This is an exceptional resource for anyone involved with the sport... riders, salespeople, and any others. Nothing can ruin your day faster than a pair of improperly fitting boots. For one, the performance aspect will be severely lacking. But most importantly, an uncomfortable boot makes the time on snow not nearly as enjoyable. Knowing how to find a properly fitting boot and also how to make adjustments along the way will keep you on the snow more and in the lodge less. Nate does a great job going through all possible situations and how to handle them when you get there. Spending a few bucks on this will save you hundreds down the road... fewer wasted lift tickets and less money wasted on improper equipment.

I have been snowboarding since I was 12, over 12 years now. Boots are hands down the number one gear that you need to have fit correctly in order to enjoy snowboarding. After working in a shop for 5 years I have learned all the reason how and why boots need to fit. This book hits it right on the head. Great knowledge from a knowledgeable person. Everyone who works in the snowboard retail sector should use this book to educate themselves and fellow employees. It is also super helpful if you are looking to purchase some new boots. Great book!

This book will solve all of your boot fitting problems. It will help you find solutions even if you feel like there is no hope for you. I used these techniques and no longer have pain, allowing me to be in my boots all day. As an instructor, I recommend it to all of my clients as well as my fellow ski/snowboard instructors. Shred Soles and this book will solve all of your discomfort. You may already own a bible but trust me you need this one too!

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